

# NOURISHING NEWS

IDAHO STATE DEPARTMENT OF EDUCATION CHILD NUTRITION PROGRAMS

VOLUME 1, ISSUE 10

MAY 2007

*This publication has been sent to all School Food Service Directors and School Food Service Kitchen Managers, CACFP Directors/Owners and Program Managers.*



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## A message from the Director

Idaho USDA Child Nutrition Programs (CNP) have had another successful year with continued growth, accomplishments and best practices recognized across the state. The success that Idaho CNP programs are experiencing is due to the professional and dedicated sponsors Idaho has that devote the time and energy to building quality programs for the children in our state. Our Idaho USDA CNP sponsors have done an excellent job promoting healthy school meals by participating in the development, implementation and evaluation of a successful nutrition program.

Please visit our CNP website at: [www.sde.idaho.gov/child/docs/CNPResources/programdatastats/2006ParticipantBrochure.pdf](http://www.sde.idaho.gov/child/docs/CNPResources/programdatastats/2006ParticipantBrochure.pdf)



where the Idaho State Department of Education has recently posted the latest figures on all Idaho Child Nutrition

Programs. As you review this document think about whether your district or facility is participating in all of the programs you qualify for. If not, call our office and we will provide guidance and help you through the needed steps to incorporate

additional resources and nutrition services to your existing program.

We hope you have an enjoyable and relaxing summer. Call us anytime if we can help you in the closing of this year's paperwork, throughout the summer and the start up of next fall.

Thank you for everything you do! We are proud to work with such a professional and dedicated group of people.

Sincerely,

Colleen Fillmore, PhD, RD, LD  
Director, Child Nutrition Programs

## Upcoming Events

Idaho School Nutrition Association State Conference:

**June 18-21, 2007 in Boise, ID**

The State Department of Education, Child Nutrition Programs is sponsoring five pre-conference workshops:

- Healthy Edge
- Serving It Safe
- Financial Management
- Preview the Review
- Developing a Food Safety Plan -The Process Approach to HACCP Principles.

To register for one of these workshops, go to: [www.sde.idaho.gov/child](http://www.sde.idaho.gov/child)

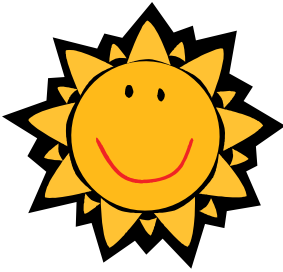
## Five Keys to Safer Food

1. **Keep Clean**  
Wash hands for 20 seconds at a time and wash often. Always wash fruits and vegetables.
2. **Separate Raw and Cooked Foods**  
Avoid cross contamination (term used to describe the transfer of microorganisms from raw to cooked food).
3. **Cook Thoroughly**  
Proper cooking can kill almost all dangerous microorganisms. Be sure to use your thermometer properly.
4. **Keep Food at Safe Temperatures**  
Do not leave food at room temperature for more than 2 hours.
5. **Pay Attention to Expiration Dates**  
Do not use food after its expiration date.



**CIRCULATE TO:**

- ☐ Superintendent ☐ Principal ☐ School Nurse  
☐ Health Teacher ☐ Kitchen Staff

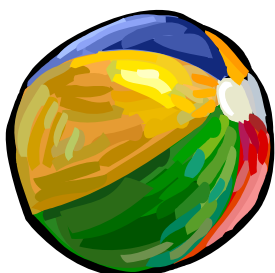


## Did you know...

*More than 200 known diseases are transmitted through food.*



*An average of 100,000 bacteria can be found on each square centimeter of human skin.*



Mary Jo Marshall, BS  
Coordinator-NSLP

## Tips for Renewal Time for NSLP Sponsors

Each spring, every NSLP sponsor is required to renew their application to operate the National School Breakfast, Lunch, After-School Snack and/or Special Milk Programs for the coming school year. A letter informing you of this requirement including detailed instructions on how to complete this task has been mailed to the food service program contact in your district.

This process has been streamlined considerably from previous years. Most of the process is completed online. Please be sure to roll over BOTH the sponsor and the site applications.

It is also very important that you review all of the information on your

sponsor and site applications to see if anything needs to be updated. Most of the information from previous years simply rolls over so you may not take the time to review it thoroughly and therefore the email, physical address or contact persons may be incorrect.



All sponsors must complete a hard copy of a form called "Renewal Agreement for FY 2007-2008" and mail an original to State Department

of Education. This form requires signatures of your Food Service Supervisor and Superintendent or other executive, such as a board member. You will need to start the process early enough to get the needed signatures to meet the **deadline of May 25, 2007.**

School districts contracting with a Food Service Management Company have more paperwork to do to complete the renewal process so starting early is imperative to meeting the deadline.

Please review the letter and documents you received in the mail and feel free to contact us at 208-332-6820 if you have further questions.

Jean Zaske, MS, RD, LD—Coordinator  
Sally Bartlett, MAOL—Coordinator CACFP

## Idaho School Nutrition Association Benefits NSLP and CACFP

Have you ever wondered where you can get good nutritional information and advice for you and your Child Nutrition Program? Have you ever thought about how nice it would be to have peers that were interested in the same issues you are? If so, think about joining the Idaho School Nutrition Association (ISNA).

By belonging to ISNA you have access to the SNA website and can obtain nutrition information on any subject that deals with child nutrition. You will be part of a group of professionals that plan menus, shop, prepare meals and serve children just like you do. You can attend meetings in your local area and the annual state conference as well as attend the national conference in July of each year. At the State and National conferences you will find vendors, attend meetings and meet speakers who can help you increase your

knowledge of child nutrition, food safety and sanitation.

With an increased focus on wellness and healthy school meals, as well as the always important concern about food safety, food service professionals constantly strive to keep up to date. One way to stay current is to become certified through SNA. Certification requires that a member complete specialized training and continuing education on an ongoing basis.

According to SNA's Certification Program booklet, May 2006, certification offers many benefits, including:

- Increases your knowledge and skills of food safety and nutrition to create a healthy school environment;
- Enhances professional image with parents, children and school administrators;

- Increases pride in one's work;
- Provides a way to stay current on issues concerning school nutrition initiatives;
- Demonstrates commitment to one's chosen profession.

Every meeting or conference will increase your professionalism, make you part of a dynamic group of professionals who care about children, and help you realize your goal of succeeding in your profession. ISNA holds a state conference each year that provides several opportunities for specialized training and continuing education. Give it some thought, talk to someone about SNA, join today and start meeting your professional peers.

**To find out more about ISNA please contact:**

Jill Irons  
ISNA Membership Chair  
208-667-7469

**Anna Mae Florence RD,LD**  
**Coordinator**

## Wellness Results Are In

The results of the Wellness Policy questionnaire are in and the State Department of Education, Child Nutrition Division wants to thank you for your honest responses. We had a 68% response rate, giving us important information. Cumulatively, Idaho is very impressive.

- 92% of the school districts in the state have a Wellness Policy.
- 88% have the Superintendent or Principal in charge of the policy.
- 97% or more of the policies have the Nutrition Education, Physical Activity, and Nutrition Standards components.

Some areas of concern are: Only 89% of the policies considered the implementation, measurability, and evaluation component of the Wellness Policy and 70.8% have NO assessment tool.

**Two great ideas related to that component coming from other districts are:**

1. To identify the types of vending machines allowed and assess the choices made from them.
2. Have students and/or staff do individual nutrition and physical activity assessments.

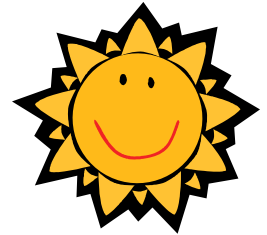


Results from both of these ideas can be monitored and improvements noted by a graph; overall improvement can be recorded by percentages, set into goals and be part of the Wellness Policy.

Another concern was the makeup of the Wellness Committee. As a reminder, "Students, parents, school food service, school board, school administrators and the public are required to be involved in the development of the policy." However, we found that:

- 38.1% of districts have students on the committee
- 39.2% have community members
- 61.9% have parents.

Entire results will be coming soon on our Wellness Website. Also, on our website there will be ideas that you can incorporate into your Wellness Policy. Now that the school year is coming to a close, gather your Wellness Committee together (maybe add some new members) to evaluate and make improvements on your Policy. Let's remember the spirit of the Wellness Policy: to create a healthy school environment where students can grow healthy in mind and body.



## Commodity Corner

### SUMMER TASKS

1. Use up as much as commodity food as possible before school ends

2. Consolidate

3. Label



4. Have freezers inspected

5. Check Freezers and Refrigerators frequently during the summer



**Sally Bartlett, MAOL**  
**Coordinator—CACFP**

## Keeping Children Hydrated

In the hot summer months of July, August, and September children need to have access to fresh cool water, especially when playing outdoors. The Mayo Clinic gives this advice to parents and care givers who are in charge of children in summer, "In general, encourage your child to make a conscious effort to stay hydrated. Water, rather than a carbonated or caffeine-containing drink, should be the beverage you choose to offer."

Parents and caregivers should remember that "children need to drink a lot of water when they are physically

active and should take water breaks every 20 minutes." To increase access to water many childcare centers and family day care homes



install outside water fountains for children. The convenience of an outside water fountain saves trips in

and out of the center and ensures that children are drinking as much water as needed to keep them hydrated while playing outdoors. If you don't have an outside water fountain, try placing a pitcher of chilled water and paper cups outside on a patio table or bench for the children's convenience.

Always remember young children can get dehydrated very quickly and prevention is the best practice.



Mary Jo Marshall, B.S.  
Coordinator— NSLP

## May Insider: Summer Signage

Inside this month's newsletter you will find some very useful posters for your sites to utilize year round. If you do not already have these posted, then now is a good time to start by making copies, laminating and posting. Periodic equipment maintenance usually takes place in the summer when sites are not serving meals and kitchens are closed down. The poster requiring notification of the Food Service Supervisor if power or water is disconnected (English and Spanish versions) may save a lot of money from the loss of food and the work of cleaning up if the maintenance and repairs involves freezers and coolers and they are off for a long time.

It is also important to assign someone to check the temperatures of coolers and freezers periodically during vacation times. This is especially important after storms due to possible power outages and checking coolers and freezers after

repair work is done to see if it is successful.

As you close down kitchens for the summer and do that final cleaning and sorting through the inventory, keep in mind that some items will not keep in storerooms that are too warm. Transferring these to coolers or freezers is preferable for quality assurance and food safety. In addition, if you have been storing or saving out of condition foods, now is the time to dispose of these items.



Labeling and identifying foods and chemicals taken out of the original boxes is required for proper food storage and food safety. Practicing "First In, First Out" is also imperative for providing high quality meals. If foods are not date coded, be sure to mark them now before you get a new shipment of food for your back to school menus.



### State Department of Education

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-or-  
Heidi Martin RD LD at 208-332-6827  
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Mailing Label



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